



April 2023

Important to know!

Meals on Wheels delivery may occur anytime between 10 am and 2 pm. Your driver and delivery time may vary. Feel free to call the MOW office after 1 pm if you have not received your meal.





Keeping up with the times

To make things more convenient for you as our client, if you would like to make a contribution for your meals, you can call our office and we can set you up with a credit card payment. This way you do not have to mail us anything!

Meal Dates

All meals are frozen after preparation and have a 6-month shelf life. Every meal is labeled with a "consume by" date, which applies so long as you keep the meal in the freezer until you are ready to eat it.

SYMBOL KEY (refers to primary entree)

- Poultry 
- Beef 
- Vegetarian 
- Fish 




















****Menu reflects a standard 5 meals per week plan****

MEAL REHEATING INSTRUCTIONS

Microwave 5-7 mins or until food reaches 165 F. For best results, open the film to vent. Stir halfway through cook time.
If stored in fridge - consume within 3 days
If stored in freezer - consume within 6 months

WE DO NOT USE ANY TRANS FAT PRODUCTS IN OUR FOODS.

Partial funding provided by SM County Aging & Adult Services, Sequoia Healthcare District, Peninsula Health Care District

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Bean and Vegetable Soup, Rice Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> 	Southwest Chicken over Cilantro Rice, Corn Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> 	Beef Stroganoff, Egg Noodles, Broccoli/Carrots Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 	Chicken Enchilada, Spanish Rice, Corn/Bell Peppers Juice & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 	Roasted Cajun Fish, Sweet Potato, Broccoli Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Cheese Ravioli w/ Pesto, Asparagus Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> 	Roasted Pork Loin, Roasted Potato, Green Beans Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> 	Chicken Alfredo, Penne Pasta, Italian Blend Vegetables Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 	Herb Roasted Fish, Couscous, Zucchini Juice & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 	Chicken Teriyaki, Rice, Edamame Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Baked Ziti, Cauliflower & Vegetable Medley Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> 	BBQ Chicken, Mashed Potato, Broccoli Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> 	Meatball Marinara, Penne Pasta, Garden Vegetable Blend Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 	Sausage Jambalaya, Succotash Juice & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 	Huli Huli Chicken, Rice, Cabbage Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Vegetable Curry over Rice Orange & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> 	Steamed Fish w/ Soy Ginger Sauce, Rice, Zucchini/Bell Pepper Apple & Sliced Bread 1% Milk <i>(delivered Tuesday and Wednesday)</i> 	Salisbury Steak, Mashed Potato, Green Beans Apple Sauce & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 	Greek Chicken over Orzo w/ Feta, Zucchini Juice & Sliced Bread 1% Milk <i>(delivered Thursday)</i> 	Chef's Choice Dried Fruit & Sliced Bread 1% Milk <i>(delivered Thursday)</i>
<p>Need a ride to the doctor or dentist? Use RIDE PVI!</p> <p>If you are 60+ years of age and a resident of San Mateo County, and you are in need of a ride to the doctor or dentist, RIDE PVI is here for you! Call 650-272-5006, anytime between 9:00 am - 4:00 pm, Monday-Friday, to learn more about the program and find out if you qualify.</p>		<p>It's tax season! AARP is here to help!</p> <p>Need help with your 2022 taxes? AARP expert tax aides will be at PVI's Little House, Feb 7-Apr 11, every Tuesday from 9:00 am to 3:30 pm. Appointments are free and last ~60 minutes. Be sure to bring the following items to your appointment: valid photo ID and social security card; W-2; all 1099 forms; 1095A (if you use Covered California); supporting documents for itemized deductions (medical expenses, mortgage, property tax, vehicle registration, etc.). Call 650-326-2025 to book your appointment.</p>		<p>Post me on your fridge so I am available when you need me!!</p>

Please give us 48 hours notice to cancel

Ph: (650) 323-2022

Email: mealsonwheels@1pvi.org

Meals are subject to change due to seasonality and occasional shortages